

# DoD NAF Uniform Health Plan Benefits Information

Issue 5 9/1/02

## Glucose Monitoring Systems

In an effort to help those who routinely need to monitor their blood glucose levels, Aetna is pleased to announce that beginning September 1, 2002, employees will have a choice of free glucose monitoring systems as well as four additional test strips which are included in the Aetna formulary.

Currently, employees use PRECISION XTRA Advanced Diabetes Management System by Abbott Laboratories, Inc., MediSense Products. Beginning September 1, the NAF HBP plan will also offer ONE TOUCH Ultra Blood Glucose Monitoring System and ONE TOUCH SureStep Blood Glucose Monitoring System, both by LifeScan, Inc., a Johnson & Johnson company.

The four additional formulary test strips, by LifeScan, Inc., include:

- \*ONE TOUCH\* test strips
- \*ONE TOUCH\* FastTake
- \*ONE TOUCH\* SureStep
- \*ONE TOUCH\* Ultra

These test strips will join the following test strips currently on the Aetna formulary. You may pay a lower co-payment for formulary products.

Each monitor comes with a starter supply of test strips. Ask your doctor to write a prescription for more test strips, which can be filled through an Aetna participating retail or mail-order pharmacy.

You can order a complimentary blood glucose monitoring system by calling the Member Services telephone number on your ID card, 800-367-6276.



1. Free Glucose Monitoring Systems
2. Aetna Navigator



## AETNA NAVIGATOR

What is Aetna Navigator? Aetna Navigator is a powerful online tool that provides you with health and benefits information at your fingertips - 24 hours a day, 7 days a week. In one easy-to-use website, you can perform a number of self-service functions related to your health benefits plan and take advantage of a vast amount of medical and dental consumer health information from IntelliHealth®, Aetna's online consumer information website backed by Harvard Medical School and the University of Pennsylvania School of Dental Medicine. When you register for Aetna Navigator, even more features become available to you, such as access to benefits, claims and coverage information - all included at no cost.

Aetna Navigator is available to you whenever you need it - wherever you have Internet access! Aetna Navigator provides access to a variety of online features, including:

1. Registration and Login - After you register for Aetna Navigator, logging in is quick and easy.
2. Self-Service Center lets you perform various customer service functions on your own, without having to contact Member Services.
3. Change a Primary Care Physician (PCP) or Primary Care Dentist (PCD)
4. Order Replacement ID Cards right from Aetna Navigator. For registered members, Aetna Navigator automatically pre-fills some sections of the form.
5. View Messages for You - Aetna Navigator provides important health reminders directly to registered members.
6. View Benefits Information - Available to registered members only.
7. Review primary care physician for you and your covered dependents.

8. Review coverage status for medical and/or dental care.

9. Medical Benefits Summary provides a partial, general description of your medical benefits and includes member cost-sharing information, such as co-payment or coinsurance requirements.

10. Pharmacy Benefits Summary provides a partial, general description of your pharmacy benefits and includes member cost-sharing information, such as co-payment requirements.

11. Claims Status - View the status of medical and dental claims for you and your covered dependents.

12. Explanation of Benefits - When available, view the Explanation of Benefits (EOB) for completed claims for you and your covered dependents.

13. When available, view Dental Pre-Treatment Estimates of Benefits.

14. Products and Programs gives you access to information about the products and programs that are available in your state.

15. Health Information Links provide access to useful health resources including: Search IntelliHealth, Access Healthwise® Knowledgebase (registered members only), a new health information tool created by Healthwise Incorporated, a nonprofit organization that helps people make better health decisions.

16. Customization - Registered members can create their own personalized Web page by selecting the health content they want.

It's easy to use and easy to register. To register, visit [www.aetna.com](http://www.aetna.com) and click on Aetna Navigator.